



LLAKICHIWASQANCHIKMANTA PARLARINA KACHUN: COVID-19

Por Gladys Camacho Ríos

Munasqa ayllumasis

Kunan kunanpi, tukuy nuqanchik juk phutiy kawsaypi tarikushanchik

Kay Coronavirus unquy tukuy nuqanchikta llakichishawanchik: sunqunchik nanan, anchatataq t'ukuyachanchik

Kay llakiy kawsayta atipanchikpaq, tukuy nuqanchik yanapanakunanchik tiyan

Sichus mayqin familiarninchikpis, uchayqa ayllumasinchik, amigosninchik, sunqu nanayta phutisqa kashan chayqa, yanapanakuman nuqanchik pura yaykunanchik tiyan.

Yachasqanchikmanjina, kay kunan kunanpiqa mana runaman qayllayunallachu, jinapis chaypaq celular, telefono tiyan, waqyanarikunachik, parlapayanarikunachik, jinamanta kallpachanarikunachik

Tukuchinapaq: kay unquymanta cuidakuyta ama qunqanachu: makisninchikta mayllakuna kachun

ama makisninchikta siminchikman, sinqanchiqman nitaq uyanchiqman qayllachinachu

Ama ancha runa masisninchikman k'askayunallachu. Wasimanta llusqinapaqtaq, siminchikta, sinqanchikta barbijowan jark'akuna.

Tukuy uyarikusunchik chayqa, kay unquyta usqayllata khuska atipasunchik



CONVERSEMOS COVID-19: SALUD MENTAL

Por Gladys Camacho Ríos

Estimado(a) compañero(a)

Hoy estamos viviendo unos tiempos difíciles

El COVID 19 ha afectado a nuestras comunidades, y todos nos sentimos angustiados y preocupados.

Para superar esta crisis de salud, debemos aprender a apoyarnos entre nosotros.

Si algún amigo o familiar está angustiado, debemos buscar apoyo entre nosotros al interior de la familia y nuestra comunidad.

Si no podemos acercarnos o ver a algún familiar, debemos recurrir al celular o al teléfono, para llamarnos y apoyarnos.

Y finalmente, no olvidarnos seguir las recomendaciones: lavarnos las manos,

no llevar las manos a la boca o a la nariz,

mantener distancia entre personas, y cubrirse la boca y la nariz.

Para salir de esta crisis lo más pronto posible.



LET'S TALK COVID-19: MENTAL HEALTH

By Gladys Camacho Ríos

Dear friend

We are living in difficult times

COVID-19 has affected our communities, and we feel worried and anxious.

In order to beat this health crisis, we need to learn to support each other.

Friends or family members feeling sad or in anguish should seek support from family and community

If it is not possible to be close to family in person, we should connect over the phone or mobile to communicate and support each other.

Finally, let's not forget to follow the recommendations: we should wash our hands,

Avoid touching our nose and mouth with our hands,

maintain social distance between people, and use a face covering

In order to beat this crisis as soon as possible.